



**June 21-23, 2019
Vancouver Lake, WA**

Entries will open on May 24, 2019 for the 2019 USRowing Northwest Masters Regional Championships. This regatta will be held on Vancouver Lake, in Vancouver, WA. Races will be run on a fully buoyed 1,000-meter racecourse with stake boats. The Portland Vancouver Rowing Association will host this year's championships.

The NW Masters Regional Championships will be a heats and finals progression, as had been done last year and in 2016 and years prior.

With this format, clubs will only be allowed to enter two boats per event. If after registration has closed there are additional open lanes in the set schedule, clubs may enter additional boats in to those events.

Athletes will initially be limited to enter in four events. Once registration has closed and the schedule has been set, and if there are empty lanes in an event, an athlete may then enter additional races. Coxswains are exempt from the four event limit.

Important Dates and Deadlines

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| May 24 | •First Day Regatta Central allows entry input for the regatta |
| June 10 | •Deadline to input entries for the regatta without paying late fees •Last day to scratch entries and receive a full refund of the entry fee |
| June 11 – June 16 | •Organizations scratching entries will be charged the entry fee and an additional scratch fees |
| June 14 | •Preliminary Event Schedule to be published |
| June 17 | •Lane draws posted. |
| June 20 | •Deadline for late entries, which will only be accepted if space is available and the coach submits payments, waivers and lineup form. |

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|-----------------------|---|
| June 21 -- 8:30am | <ul style="list-style-type: none"> •Coaches & Coxswains Meeting (estimated) •Control Commission opens; coxswains and lightweights may weigh in. |
| June 21 -- 10:00am | <ul style="list-style-type: none"> •Racing begins (estimated) |

Late Entry Fees

| BOAT TYPE | ENTRY FEE (by June 11 th) | LATE ENTRY FEE (June 12 th or after) |
|-----------|---------------------------------------|---|
| 8+ | \$235.00 | \$352.00 |
| 4+/4x/4x+ | \$170.00 | \$255.00 |
| 2x/2- | \$95.00 | \$142.00 |
| 1x | \$66.00 | \$91.00 |

\$7 Volunteer Fee:

In addition to the entry fees listed above, a \$7 volunteer fee is charged to each athlete. A portion of the proceeds from this fee will be divided among clubs who provide volunteers to work at the regatta. If you are interested in providing volunteers and earning money for your club, please contact the PVRA Volunteer Coordinator at pvra.volunteer@gmail.com

Membership and Eligibility:

USRowing Membership: The USRowing Northwest Masters Regional Championship is a USRowing-owned event.

Each participant is required to be a current member of USRowing, with either a Basic membership with Add-On Regatta Package or a Championship member of USRowing in place. Each participant must also have a signed waiver on file for 2019.

Not familiar with our Add-On Regatta Package? Learn more about our great new membership deal for current Basic members through our website FAQ. Athletes can now be compliant for USRowing-owned regattas and get our most popular benefits at a serious discount.

Each competing organization is required to be a current organizational member of USRowing.

Memberships can be activated or renewed by visiting <http://www.usrowing.org/join.aspx> or by calling the Membership Services Department at (800) 314-4769.

Memberships should be handled prior to arriving for the event. USRowing staff has limited availability on race days to assist with compliance issues. A current listing of your athletes, their

member numbers, and expiration dates can be found on your online roster through the Membership Portal at <http://membership.usrowing.org>.

Waivers: All athletes should make sure to sign their USRowing waiver using their Basic w/ Regatta Package or Championship member number.

Credentials: Credentials will be issued to athletes once registration is complete, membership and waiver information is verified, and all fees are paid in full. **A coach or team representative may pick up the credentials for their team if all team members meet the above criteria and the organization's membership and regatta fees are paid in full. All team credentials must be picked up at the same time. Partial groups will not be distributed.**

Coaches must collect their credentials at the USRowing membership tent. Athletes will be required to show credentials in order to pass through Control Commission and launch for racing sessions. Crews will not be able to launch without showing proper credentials.

Each athlete will receive one complimentary credential as part of his or her registration for the event. Any replacement credentials can be purchased for \$10 at the registration desk.

"Express Lane": Any crew whose line-ups are complete, fully compliant with Membership requirements, and fully paid up on all entry and other fees are eligible for the "Express Lane" on-site registration option.

These crews may collect their credentials without waiting in line to speak with a USRowing representative.

To be eligible, crews must be in full compliance by the end of the business day on May 16th.

After this deadline, a list of eligible crews will be made available.

Athletes from Foreign Rowing Federations: Rowers from other nations must be members of their National Rowing Federation, as recognized by FISA, or members of USRowing. Athletes should list their federation name and membership number on their signed waivers. Example:

Rowing Canada Aviron Membership: Canadian citizens may be individual members of RCA or members of USRowing. Contact Rowing Canada Aviron with any questions about membership:

Toll Free (877) 722-4769

Email rca@rowingcanada.org

Office Tel (250) 361-4222

Website www.rowingcanada.org

Rules of Rowing Definitions:

Rules of Rowing 4-104(b): *A master is a competitor who has attained or will attain the age of 21 during the current calendar year, rounded down to the nearest whole number. A competitor's age is determined as of December 31 of the current calendar year ("rowing age"). A competitor*

thus becomes a master on January 1 of the year of his or her 21st birthday. A masters crew shall be comprised exclusively of masters rowers, but the coxswain need not be a master.

Rules of Rowing 4-104 (b) (1): *Masters crews shall be classified by age, according to the following categories:*

“AA” = 21 to 26 years “C” = 43 to 49 years “F” = 60 to 64 years “I” = 75 to 79 years
“A” = 27 to 35 years “D” = 50 to 54 years “G” = 65 to 69 years “J” = 80 to 84 years
“B” = 36 to 42 years “E” = 55 to 59 years “H” = 70 to 74 years “K” = 85+

The age category of a masters crew shall be determined by the average age of the rowers in the crew, rounded down to the nearest whole number. The age of the coxswain shall not be counted.

Rules of Rowing 4-104 (b) (2): A Master is a competitor who has attained or will attain the age of 21 during the current calendar year. A competitor’s age is determined as of December 31 of the current calendar year, rounded down to the nearest whole number. A competitor thus becomes a Master on January 1 of the year of his or her 21st birthday. A Masters crew shall be comprised exclusively of Masters rowers, but the coxswain need not be a Master.

(2) A Masters crew may compete in a lower (younger) age category but not in a higher category.

“Mixed” Events: One half of the rowers in the boat must be men and the other half must be women. As written in the rulebook – “Mixed events must be 50% women excluding the coxswain.”

“Novice” Events: All rowers in the boat must be new to rowing as of June 21, 2017. These boats do not require the coxswains to be novices. Athletes are not allowed to have participated in any kind of rowing activity before June 21, 2017.

“Lightweight” Events: Women will weigh in at no more than 130lbs with no averaging. Men will weigh in at no more than 160lbs with no averaging.

Please note that lightweight events may be combined with open-weight events if there are less than three entries for either classification.

“AS” Events: Open to athletes classified as “Arms and Shoulders” athletes. “TA”: Open to athletes classified as “Trunk and Arms” athletes.

“LTA” Events: Open to athletes classified as “Leg, Trunk, and Arm – Physical Disability, Visual Impairment, and Intellectual Disability”.

“TA” Events: Open to athletes classified as “Trunk and Arms” athletes.

“Inclusive” Events: Inclusive events are open to crews composed of a mixture of able-bodied and adaptive athletes. Inclusive crews must contain one adaptive athlete and one able-bodied athlete.

Classifications for Adaptive Athletes:

If an adaptive athlete enters a regatta and does not have a classification status, the LOC may default him or her from the final results of the race if they are not able to provide documentation verifying their eligibility. The necessary documentation is the form linked on the USRowing web site, which is linked below.

There will be no protests over any classified rower's sport class designation during a U.S. regatta. However, a protest can be brought if there is a rower entered who is not listed as classified on the USRowing web site.

Classifiers will not be present at the regatta. Athletes should be classified prior to competition.

If you are an athlete that needs classification, please check the list of Classifiers available on the USRowing web site.

The USRowing web site also has a copy of the Athlete Classification Form, a schedule of upcoming Classifier Workshop, and a list of currently classified athletes within the United States.

For more information on Classification, please go to: <http://www.usrowing.org/para-rowing-classification-information/>

USROWING RULES OF RACING:

The 2019 USRowing Rules of Rowing will govern this event.

An online version of the rulebook is available at <http://www.usrowing.org/rules-of-rowing/>

All organizations should have received a copy of the 2019 USRowing Rules of Rowing when they renewed their organizational membership.

USRowing licensed referees will officiate the event to ensure fairness and safety.

Please note the 2019 Rules Changes listed on the first page of the rulebook.

The following rules will be waived or amended as follows:

1. Rule 3-104 Minimum Weight of Boats – Waived

Outside Assistance:

Crews are reminded that they are not to receive outside assistance during a race except from the unaided voice.

Entry Process:

Regatta Central: The Northwest Masters Regional Championships will use Regatta Central for all entries. The standard entry window will be May 24, 2019 – June 10, 2019.

Line-ups: All entries should include the line-up of athletes to compete as part of that entry. All entry line-ups must be submitted by Monday, June 10, 2019. Any entry without line-ups after this time will be treated as a late entry. Line-ups with placeholder names such as “A. Rower” will be considered incomplete and will also be considered late entries.

Line-ups will remain open on Regatta Central for editing until 11:59 pm Monday, June 17, 2019. Regatta Central will remain closed for credential printing and “Express Lane” notifications.

Submitting Lineup Changes Onsite: Any line-up changes needed on racing days must be completed at the USRowing registration or finish line tent at the Vancouver Lake site. Lineup changes must be processed a minimum of one hour prior to the first race in which the change is being made. Changes may not be made between heats and finals, unless extenuating circumstances occur. Any unauthorized changes may result in an exclusion from racing at the discretion of the Regatta Director.

Any line-up change required on Friday, Saturday or Sunday will be subject to a \$5 administrative fee for processing the request. Payment is due before a line-up change can be officially made.

Email lineup changes will not be accepted.

Scratch Fee Policy

- **June 10, 2019:** Organizations scratching entries before or on June 10 will receive a full refund of the entry fee.
- **June 11 - 16, 2019:** Organizations scratching entries June 11 - 16 will be charged for the entry fee, but no additional scratch fees.
- **June 17, 2019 or later:** Entries scratched on June 18 or later will be charged for the entry fee and a \$25.00 scratch fee.
- **Scratch Notification:** No phone scratches will be accepted. Only scratches submitted through Regatta Central, by e-mail or in person will be accepted.
- **Scratching During the Regatta / Fee Payment:** For scratches during the regatta, non-launched boats, or no-shows at the start line, the \$25 fee must be paid within one hour, or additional boats from that organization will not be allowed to launch.
- **Extenuating Circumstances:** Illness, injury, emergency, etc., which prevent participating will be reviewed on a case-by-case basis. Requests for a scratch fee exemption must be made to USRowing Registration headquarters on-site at the regatta.

Late Paperwork and Late Payment:

Late Entries received after June 10 will be accommodated on a “space available” basis for scheduled heats and finals. Entries will be accepted until June 20th at 6:00 p.m.

Outstanding Payments: Any organization with outstanding balances for entry fees or scratch fees, by 6:00pm on June 20th, will not be eligible to participate in the regatta and any future USRowing events until the fees are paid.

Coaches and Coxswains Meeting:

Friday June 21 (estimate 8:30 am): A meeting will be held an hour and a half before the start of racing at the finish line tent to review regatta procedures and the race schedule. All organizations and individual competitors are required to send a representative to the meeting. Attendance will be taken. Remaining schedules will be distributed one hour after the meeting.

Medals and Trophies:

Awards Ceremonies: The top three finishers in each “Final” receive a medal. Winning crews should come to the awards tent as soon as possible after the race final concludes to receive their medals.

Medals: First, second and third-place crews will receive medals in each race, regardless of what region the crew is a part of. The fastest posted Northwest crew out of all crews entered into a particular event will determine the Regional Champion for each event.

Schedule Publication:

June 14 - Preliminary Event Schedule Published: The schedule will be published on the USRowing website at www.usrowing.org. All questions regarding entries and the schedule should be directed to USRowing National Events Manager, James Rawson, at (503) 473-6239 or james.rawson@usrowing.org.

June 17 - Lane Draws Published: This document will be published on the USRowing website and linked to our official timing company, HereNow.com.

Combined Age Categories:

Many events combine age categories. If there are enough entries in those events, they will be split if time allows. Example: The Men’s AB 4+ has 10 boats entered, four boats in the “A” age class and six boats in the “B” age class. The schedule will be altered to allow a Men’s A 4+ and a Men’s B 4+. In this situation, neither race would have handicap times applied.

Inclement Weather Information and Notification Process:

The Chief Referee, USRowing, and the Local Organizing Committee will work together to monitor the weather continuously during the regatta.

In the event that inclement weather causes delays in the regatta schedule, the following weather plan will be utilized:

- Shorten the course to 500m until the weather improves.
- Delay racing either later the same day or to the next day, if time is available.
- Begin racing earlier than previously announced. Announcement will be made no later than 3 hours before racing or 9:00 PM the evening before in the case of morning racing.
- Omit a round of the event. The composition of the next round will be determined on the basis of the results of those rounds that have been completed. If grand finals must be omitted, medals will be awarded based on the results of the last completed round of the event.

All schedule change notifications will be announced in the following places:

- On-site through any on-site public address systems in use
- Online via Twitter, Facebook, Regatta Central, and the USRowing website
- Via text message. Coaches, athletes, and parents can register to receive weather related text messages by texting “nwmasters” to 313131.

To ensure that each crew has at least 1 representative on the texting list, USRowing will manually add the Race Day Contact listed on Regatta Central to the texting system.

Crews are responsible for staying updated on any announced schedule changes. Please direct any questions about schedule changes to USRowing at the registration area. Schedule Changes will be made with the following priorities